

## **Flower Essence Suggestions for Sophia by Karen Sheeks RN MS**

*Flower essences are vibrational medicine. They work on the subtle energy fields, and their action is gentle and gradual, bringing frequencies back into balance. Their effects are quiet and profound. They do not create any side effects, and do not interfere with other medications. Flower essences are traditionally mixed with spring water and brandy is used as a preservative. If you need alcohol free essences, they can be mixed with glycerol as an alternative. There are many sources of these essences, and you can order them online, or purchase them at most health food stores. Look in your local area for Flower Essence practitioners if you wish to establish a relationship with someone who can prescribe new mixtures as you continue to evolve on your healing path.*

Some suggested links:

[flowersociety.org](http://flowersociety.org)

[bachflower.com](http://bachflower.com)

[fesflowers.com](http://fesflowers.com)

[desert-alchemy.com](http://desert-alchemy.com)

### **Walnut**

Removes links to beliefs and behaviors that limit your growth, and helps you to move forward, trusting your inner guidance.

### **Larch**

Builds self-confidence, and encourages creative expression.

### **Wild Oat**

Helps you to focus on the path to your highest potential, choosing experiences that make your heart sing, and express your soul purpose.

### **Cerato**

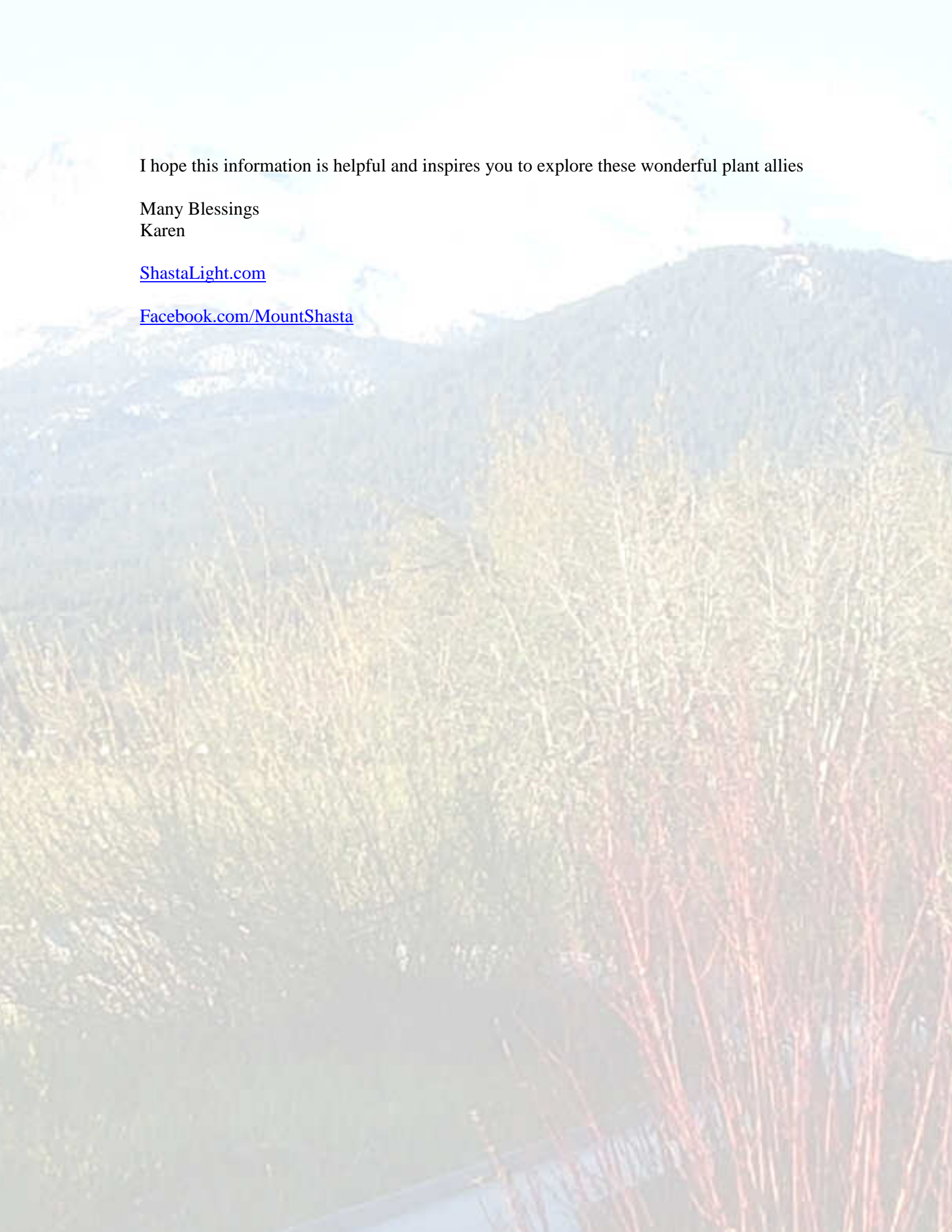
Instills confidence in your intuition and encourages trust in your own inner vision.

### **Iris**

Inspires artistry, soulful creativity, and being in touch with higher realms; radiant, iridescent vision in all aspects of life.

These flower essences can be mixed into one dosage bottle (consult a flower essence practitioner for instructions), or can be purchased separately. The usual dosage is two drops under the tongue, four times per day. Listen to your inner guidance to adjust dosage from time-to-time, and to determine when you are complete with this recipe. You can also use muscle testing to clarify the dose and frequency of use per day. To locate a practitioner in your area, click on the link below:

<http://www.flowersociety.org/practitioner/login/login.php?dest=%2Fpractitioner%2F>

A scenic view of a mountain range with snow-capped peaks and a foreground of tall, dry grasses. The mountains are in the background, with some snow on the peaks. The foreground is filled with tall, dry grasses, some of which are reddish-brown. The sky is a pale blue with some light clouds.

I hope this information is helpful and inspires you to explore these wonderful plant allies

Many Blessings

Karen

[ShastaLight.com](http://ShastaLight.com)

[Facebook.com/MountShasta](https://www.facebook.com/MountShasta)